

## Information Bulletin of Healthy Cities of the Czech Republic

# NEWSLETTER

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### INTERVIEW

*"The Safe Community Project – we offer our experience to other Healthy Cities."*

*Interview with Eva Novakova, M.D., Deputy Mayor of the City of Kromeriz and Healthy Cities Project Politician*

**Kromeriz has had a long tradition as a historic city. Why a Healthy City in addition to that?**

Kromeriz is indeed a city of historic monuments. We have one of the largest city conservation areas in the Czech Republic; in 1998, "Kromeriz Gardens and Chateau" became the 9<sup>th</sup> UNESCO listed monument in the country. But we do not want to live off the past only. The interest that our citizens have in the activities of the Healthy City offers new opportunities. I would say that the interconnection of historic sights and health creates the unique spirit of our city, which is apparent in the active interest of our people in both of these values. In 1995, our city council officially approved the involvement of our city in the Healthy Cities Project, and we became a member of the Healthy Cities of the Czech Republic in 1996. Through co-operation with the Healthy Cities association, Kromeriz gets a lot of valuable information; our experts process this information and we can then apply it in our city.

**What can the Healthy City of Kromeriz offer as a useful inspiration to other cities?**

Kromeriz is the first city in the Czech Republic, and in Central and Eastern Europe, to have prepared the "Safe Community" program under the auspices of the World Health Organization as part of its Healthy Cities Project. This program emphasizes the safety of citizens through injury prevention. In Kromeriz, Safe Community focuses on five areas of injury prevention that we have identified: injuries in children; injuries in senior citizens; work-related injuries; injuries sustained in traffic; and injuries sustained in sports. We openly offer to share our experience with other Healthy Cities. Safe Community, similar to the City Health Development Plan and other Healthy City activities, is prepared by the local work teams. I greatly appreciate that the people on our committees and teams take enormous interest not only in the city itself, but also in the quality of life of their fellow-citizens and in the events taking place in the city.

## NEWS

### Ecological Traffic is the Healthy Cities' Future

*High level of noise, dust, and increasing pollution - that is how car traffic contributes to the devastation of the environment. Stop! In late September, the Healthy Cities take the field to limit the car traffic.*

As in the past years, an international campaign promoting ecological traffic and improvement of the environment will take place in the week around September 22. The **Day without Cars** is a part of the **European Mobility Week**. HCCZ members were the first cities in the Czech Republic to join the campaign in 1999. While only two Healthy Cities, Hodonin and Zlin, participated in the first year, a total of twenty-three Healthy Cities prepare for the Day without Cars this year. During the day, various events will take place throughout the cities, including races on bicycles, scooters or skates. Particular attention goes to public city transport – some of the cities will offer their citizens to ride free-of-charge on this day. For more information see [www.nszm.cz/dba](http://www.nszm.cz/dba).

### Let Cities be Enlightened

*"Let Us Be Enlightened" was the title of a touring exhibition prepared by the Healthy City of Velke Mezirici and the Duha (Rainbow) movement at the end of July.*

The exhibition was designed to inform the citizens about where they could conserve energy and how they could use the alternative, or renewable, sources of energy. According to the representatives of Duha, more than five hundred people saw the exhibition over the four days. Visitors were particularly interested in the use of solar collectors for heating service water. When building this system, one can receive a governmental subsidy of up to 50% of the costs. Surprisingly, small hydro power plants were also at the centre of the visitors' interest. "This is because there are many water mills around here, and the owners look for ways of utilizing them more efficiently," explains Vilem Lavicky, Deputy Mayor of the City of Velke Mezirici and Healthy Cities Project politician.

### Healthy Cities Help Alleviate Flood Damage

*The flood is at the centre of attention in the Czech Republic these days. Human suffering touches us all, and it stirred up great sympathy among citizens of Healthy Cities.*

Humanitarian collections, financial aid from city budgets, help from fire brigades and police, holiday camps for children from flooded areas... As we informed you in the special edition of our Bulletin on August 20, Healthy Cities of the Czech Republic (HCCZ) joined in the organizing of help for regions affected by recent disastrous floods. Among others, the regular Garden of Bohemia fair, organized in the Healthy City of Litomerice, will contribute to repairing damage caused by the flood that

turned the city and the whole region into a huge lake. At the time of need, prompt mutual help of the cities within the HCCZ association proved invaluable. Apart from Litomerice, two other Healthy Cities were hit by the flood – Trebon and Ceske Budejovice. In the very first hours of the catastrophe, the fire brigade from the Healthy City of Chrudim rushed across the country to help pump water out of buildings and houses in Ceske Budejovice. Immediately, Chrudim started collecting money in its kindergartens to help several kindergartens in Ceske Budejovice. Ceske Budejovice also received help from the Healthy City of Zlin, which provided three tons of liquid soap and sent its Technical Services squad to help in the cleaning of the city after the flood.

Brno, Karvina, Prostejov, Velke Mezirici and others also came to aid their partner Healthy Cities – and not only them. Addressing the aid to specific locations or buildings has proved to be the most effective way to go. Once again, the well-functioning co-operation among the Czech Healthy Cities proved its worth in practice.

### **Healthy City of Zlin Project Made Finals of International Competition**

*The Green Project of the Healthy City of Zlin made it to the finals of the international Nations in Bloom 2002 competition that will culminate in Stuttgart, Germany, in early October.*

Dr. Jiri Sykora, Deputy Mayor of Zlin and the Healthy Cities Project politician, highly appreciated the success of Zlin's project among hundreds of others, attributing it to the architects and all people who take care of the city's green areas. Each year, the city expends about CZK 20 million on maintaining its green areas and developing new ones.

The aspects judged in the international competition include the development of the landscape, care of historic and cultural monuments and buildings and employment of environmentally considerate approaches. The judges also look at the participation of the public and plans for the future.

As part of the competition's finals, an exhibition will open in Stuttgart on September 15; Zlin will present its Health Trail on the Tlusta Mountain and the bicycle trail to the Lesna ZOO. The city will also introduce its School in Bloom project and the Blossoming City competition.

### **Cities Direct Their Citizens towards Health**

*The traditional Health Days organized by HCCZ are becoming increasingly popular with the general public. This several-day event includes a number of activities promoting healthy lifestyle of citizens. Healthy Cities organize the event annually in late September and early October.*

A total of 24 Czech Healthy Cities will join in the Health Days this year. They have prepared sporting events, promotion of ecological agriculture products, tasting of

dishes for a healthy diet, and consultations in civilisation diseases prevention. More information on the programs is available at [www.nszm.cz/dba](http://www.nszm.cz/dba).

### **Healthy City of Velke Mezirici Develops International Co-operation to Improve Environment**

Last year, an Agreement on Co-operation and Friendship was signed between the Czech Healthy City of Velke Mezirici and the Swedish community of Vansbro. During a visit of the Czech representatives in Sweden this August, the original agreement was extended to provide for the preparation of a Mutual Project to improve the environment in both municipalities. The project will be submitted in Brussels to obtain financial funding.

#### **UPDATES**

HCCZ web news:

[www.nszm.cz/aktuality](http://www.nszm.cz/aktuality)

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